

Four pineapples are arranged on a light-colored wooden surface. One large pineapple is in the top left corner. Another large one is in the bottom center. Two smaller pineapples are in the bottom left and bottom right corners. The background is a warm, yellowish-orange gradient.

Jacqui Baihn
NUTRITION

BEAT THE BLOAT GUIDE

JACQUIBAIHN.COM



Healing Digestion

A lot of the time, it's hard to know exactly what is causing our bloating or bad digestion because we're constantly feeling uncomfortable. It can feel like we're reacting to everything which can be super overwhelming and it makes it hard to know where to even start to begin healing our gut.

Which leads us to trying out everything we can to fix the problem. You've probably tried cutting out this food, cutting out that food, trying this supplement, trying that supplement and while they might have worked for a day or two, nothing you've found has truly given you relief from your symptoms.

I know all of this because I have been there myself. I suffered from terrible bloating for over 10 years! Only to be told by Doctor after Doctor that I had IBS and given no solution to my symptoms. It wasn't until I took things into my own hands as a qualified Nutritionist that I finally found relief.

As you can probably imagine, I'm super passionate about helping others heal from bloating and other uncomfortable digestive symptoms. I have seen many similarities across my clients (and with myself) who have gut issues. Which is why I've designed this resource to outline my top do's and don'ts for happy digestion so that I can help others out there suffering from the same uncomfortable symptoms so that they can be on the path to finding relief too.

Disclaimer:

This document is for general information purposes only and is not intended as medical advice and should not be interpreted as such. Anyone concerned about their health should seek immediate professional advice from their Doctor or primary healthcare provider.

BLOATING *Do's*

1

CUT OUT CAFFEINE

I'm putting this first because I have seen so many people try **everything** except cut out coffee or tea & their symptoms still persist. Cutting out caffeine is often the one thing that finally fixes their bloating and discomfort!

2

BOOST YOUR DIGESTIVE JUICES

Many of us have insufficient stomach acid, digestive enzymes or bile to properly break down our food. This leads to undigested food fermenting in our digestive tract causing bloating & gas.

3

EAT MINDFULLY

Eating in a relaxed state without distractions is super important for gut health. When our body is stressed, our digestion is compromised. Relax and take 5 deep breaths before you eat your food and chew your food to a mush!

4

KEEP A FOOD & SYMPTOM DIARY

This is a great way to see patterns forming around your symptoms & the food you eat. Be specific with the ingredients, amount of food, time you ate & time you drank water. Record your bowel movements plus your symptom timing, severity and frequency.

5

HYDRATE

Even if we aren't thirsty, we still need our daily 2-3L of fluids. Dehydration can lead to slow moving bowels or constipation. Keep up your hydration so things can move along nicely! Start your day with 2 big glasses of water on waking.

6

EXERCISE

Being active actually has a positive effect on digestion. Feeling bloated after meals? Go for a walk. Feeling like your bowels are a little slow? Do some exercise. Get your body moving!

7

SPICE UP YOUR LIFE

Add digestive spices to your meals such as ginger, fennel, cumin, cinnamon, chilli and cardamom. Sipping ginger tea with meals is great for aiding digestion and fennel seed tea is amazing for reducing bloating after meals (or you can chew on the seeds after meals!).

8

INTERMITTENT FASTING

Giving your digestion a regular break from food can help it to settle down & heal for a fasting period of 12-16 hours overnight on non-consecutive days. Ensure you speak to your health practitioner first as intermittent fasting is not suitable for everyone.

9

GET PLENTY OF FIBRE

Our little gut bugs and our gut function thrives when we feed it fibre! Eat plenty of fresh fruits & vegetables, nuts, seeds and wholegrains to ensure you keep your gut happy and healthy.

10

EAT FERMENTED FOODS

Speaking of happy gut bugs, we need to feed our microbiome with probiotics regularly to keep the bad bugs in balance. Add sauerkraut to your meals, sip on kefir or kombucha or even make your own!

BLOATING *Don'ts*

1

EAT ON THE RUN

We need no distractions when we eat. If we're stressed, on the move or we're not properly preparing for digestion, we may produce less saliva, chew less or have improper digestive secretions.

If it's time to eat, take a break!

2

EAT SLOUCHED OVER

Sitting down hunched over is not good for digestion. Sitting up straight allows the abdominal muscles to be properly relaxed and prevents issues like heartburn or reflux after eating. On the same note, it's best not to lie down soon after eating.

3

EAT FOODS YOU'RE SENSITIVE TO

Take note of any foods that cause you stomach upset in a diet diary, plus how long it takes for symptoms to appear.

Under the guidance of a health professional, they can help you replace certain foods with suitable options so that you're not missing out on any nutrients.

4

EAT SWEETS STRAIGHT AFTER A MEAL

I've seen this time and time again, the bloating and discomfort starting soon after eating something sweet while you're still trying to digest a meal. Waiting a couple of hours before eating sweets (that includes fruit, too!) may help you to avoid the bloat.

5

EAT A LATE DINNER

As mentioned before, we don't want to be lying down soon after eating, so we want to ensure we're having dinner nice and early so that we have time to digest our food before we go to bed. Aiming for 2.5-3 hours before going to bed is a great idea.

6

SKULL YOUR SMOOTHIES

Even though they're blended up nice and smooth, it's still a good idea to take your time with them. Carbohydrate digestion begins in our mouth with the enzyme, salivary amylase, so it's important not to miss this important step. Add some desiccated coconut or some chopped nuts & seeds to mix so that you still have to 'chew'.

IMPORTANT!

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www.jacquibaihn.com/beat-bloating

Looking for personalised health advice?

**Contact me for a free 10 minute discovery call
today!**

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